Breakfast

Creamy Apple Muesli Breakfast Smoothie

A quick blended drink made with sweet chopped apple, muesli and thick yogurt, loosened with milk until silky and smooth.

5 min	296	33.5 g	22.5 g
time	calories	carbs	sugars



Vegetarian | Low fat

Ingredients, 1 serving

- [ ] 1 apple, peeled, cored and chopped (100g)
- [ ] 20 g no added sugar muesli
- [ ] 125 g plain Greek yogurt
- [ ] 100 ml semi skimmed milk

Method

- [ ] **1** Tip the chopped apple into a blender or food processor and add the no added sugar muesli.
- [ ] **2** Spoon in the plain Greek yogurt and pour in the semi skimmed milk.
- [ ] **3** Blend everything together until completely smooth.
- [ ] **4** Pour into a glass and serve immediately.

Nutrition Facts

Per serving

Calories	**296**
Total fat	9.6 g
Saturated fat	5.9 g
Sodium	Not listed
Total carbs	33.5 g
Fiber	2.9 g
Total sugars	22.5 g
Protein	17.4 g

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